

# Flour Bluff ISD

Nov 9, 2020 thru Nov 13, 2020

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 1

Generated on: 10/22/2020 11:24:07 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 11/09/2020																
Junior High Lunch	Total	601														
BEEF, STEAK BURGER W/ CH EESE	1 BURGER	550	343	61	566	*3.00	*3.26	*101.1	*12	*0.0	*2	23.24	*25.99	15.72	5.59	*0.01
SANDWICH ITALIAN SUB	SUB	50	413	*63	947	*4.00	1.89	*208.0	*134	*6.0	*3	22.81	*40.65	16.81	*6.50	*0.00
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	1	220	25	720	*4.00	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
POTATO, FF, STRAIGHT CUT	1/2 CUP	200	142	*N/A*	385	1012.4	0.71	0.0	*N/A*	1.85	*N/A*	2.03	21.26	5.06	1.01	*N/A*
SALAD, ROMAINE SIDE W/PIC KLE	1/2 C	200	11	*0	80	*1.06	*0.46	*11.7	*1848	*11.48	1	0.61	2.34	0.05	*0.00	*0.00
APPLESAUCE FLAVORED	1/2 CUP	350	61	0	36	2.18	*0.00	*0.0	67	*0.0	*13	11.05	14.19	0.0	0.00	0.00
FRUIT FRESH ASSORTED	1 EACH	200	85	0	1	3.69	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	50	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	200	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	600	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	200	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
MUSTARD PKG	2 EACH	100	11	0	180	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE RC PKG	2 EACH	100	57	0	238	0.00	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
KETCHUP PKG 9 GM	4 EACH	200	40	0	400	0.00	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	100	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
DRESSING, ITALIAN LC 200/12G	2 EACH	50	10	*N/A*	180	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average			692	*73	1212	*342.87	*3.60	*640.4	*1712	*11.28	*48	*44.63	*85.90	*20.99	*6.72	*0.01
% of Calories											*27.6%	*25.8%	*49.7%	*27.3%	*8.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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Nov 9, 2020 thru Nov 13, 2020

## Base Menu Spreadsheet

Junior High Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 11/10/2020																
Junior High Lunch	Total	601														
PIZZA, FRENCH BREAD PEPP ERONI	1 EACH	550	300	25	559	0.00	208.67	279.6	499	11.98	4	17.97	32.95	11.98	4.49	0.00
SANDWICH, TURKEY/CH CRO SSIANT	1 SAND WICH	50	333	*58	777	*2.00	1.45	*219.0	*134	*0.0	*4	24.8	*28.65	13.8	6.00	*0.00
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	1	220	25	720	*4.00	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
CORN, CANNED	1/2 CUP	200	103	0	207	*2.44	*0.00	*0.0	*24	*4.4	*5	2.44	21.74	1.22	0.00	0.00
CARROTS MINI IW	1/2 CUP	200	25	*N/A*	0	*N/A*	*N/A*	*N/A*	18	*N/A*	4	0.72	5.76	0.0	*N/A*	0.00
PEARS DICED, CANNED	1/2 CUP	350	80	0	15	1.00	0.00	0.0	75	0.0	15	0.0	19.1	0.0	0.00	0.00
FRUIT FRESH ASSORTED	1 EACH	200	85	0	1	3.69	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	50	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	100	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	400	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	50	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
MUSTARD PKG	2 EACH	25	11	0	180	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE RC PKG	2 EACH	25	57	0	238	0.00	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
KETCHUP PKG 9 GM	4 EACH	200	40	0	400	0.00	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	100	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
CHEESE, PARMESAN, BULK	1 PACKAG	50	15	5	65	*N/A*	*N/A*	40.0	*N/A*	*N/A*	*N/A*	1.0	*N/A*	1.0	0.50	*N/A*
Weighted Daily Average			560	*35	953	*2.80	*191.16	*579.4	*1188	*16.97	*41	27.81	*81.88	14.99	*5.12	*0.00
% of Calories											*28.9%	19.9%	*58.5%	24.1%	*8.2%	*0.0%
Nutrient Guideline			600-700		1360									<10.00		

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Junior High Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 11/11/2020																
Junior High Lunch	Total	601														
PORK, BBQ PULLED SANDWICH	(#12 SCP)	400	435	*64	845	*4.98	*2.51	*99.5	*10	*1.2	7	*23.94	47.87	15.97	*5.49	*0.00
SANDWICH, HAM & CHEESE	1 SAND	200	330	80	1210	*4.00	*2.16	*270.1	*300	*1.2	*1	27.0	26.0	16.5	6.50	*0.90
SANDWICH,COURTESY MEAL (K-8)	WICH SANDWIC	1	220	25	720	*4.00	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
COLESLAW	1/2 CUP	100	90	6	174	1.82	0.33	36.4	1395	21.83	*9	0.91	10.63	5.19	0.58	0.00
BEANS, PORK CANNED	1/2 CUP	200	129	0	457	6.96	1.79	59.7	199	1.19	6	6.96	22.87	1.49	0.50	0.00
FRUIT COCKTAIL	1/2 CUP	350	79	*N/A*	10	1.99	*N/A*	*N/A*	199	1.19	13	0.99	18.88	*N/A*	*N/A*	*N/A*
FRUIT FRESH ASSORTED	1 EACH	200	85	0	1	3.69	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	50	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	100	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	400	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	50	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
MUSTARD PKG	1 EACH	25	5	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE RC PKG	1 EACH	25	28	0	119	0.00	0.00	0.0	0	0.0	0	0.0	2.27	2.83	0.00	0.00
KETCHUP PKG 9 GM	4 EACH	200	40	0	400	0.00	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	200	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
DRESSING, ITALIAN LC 200/12G	2 EACH	100	10	*N/A*	180	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	*N/A*	*N/A*	*N/A*
SAUCE, BBQ CUP 1 OZ.	1 OZ.	400	30	*N/A*	95	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average			708	*79	1566	*9.66	*3.12	*484.0	*1182	*10.47	*43	*36.13	95.81	*21.45	*6.76	*0.30
% of Calories											*24.4%	*20.4%	54.1%	*27.3%	*8.6%	*0.4%
Nutrient Guideline			600-700		1360										<10.00	

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Junior High Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 11/12/2020																
Junior High Lunch	Total	601														
BEEF, FRITO PIE (7-12)	# 6 SC + 2 OZ	450	553	57	1166	6.05	2.73	253.5	1092	2.4	3	24.79	50.34	29.21	9.38	0.70
SANDWICH, SUNFLOWER BUTTER W/J	1 SAND WICH	150	530	30	580	*8.00	*2.88	250.0	*105	*0.0	*21	22.0	58.0	28.0	7.00	*0.00
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	1	220	25	720	*4.00	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
TOMATOES GRAPE	14 EACH	200	40	0	0	1.35	10.93	0.0	1012	36.45	5	1.35	8.1	0.0	0.00	0.00
POTATO, SAVORY LOOPS	1/2 CUP	300	162	*N/A*	445	1.01	0.71	0.0	*N/A*	0.0	*N/A*	2.03	21.26	7.09	1.01	*N/A*
MANDARIN ORANGES, CANNED	1/2 CUP	350	75	0	11	1.07	0.77	21.5	322	22.54	18	1.07	18.25	0.0	0.00	0.00
FRUIT FRESH ASSORTED	1 EACH	200	85	0	1	3.69	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	50	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	100	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	400	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	50	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
MUSTARD PKG	2 EACH	25	11	0	180	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE RC PKG	2 EACH	25	57	0	238	0.00	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
KETCHUP PKG 9 GM	4 EACH	200	40	0	400	0.00	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	100	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
Weighted Daily Average			852	*57	1540	*9.34	*7.28	*566.7	*2031	*31.60	*45	34.30	105.17	34.78	9.74	*0.53
% of Calories											*21.1%	16.1%	49.4%	36.7%	10.3%	*0.6%
Nutrient Guideline			600-700		1360										<10.00	

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Junior High Lunch

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Page 5

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 11/13/2020																
Junior High Lunch	Total	601														
PIZZA, CHEESE STICKS	3 EACH	400	448	30	686	2.98	3.58	537.2	*N/A*	*N/A*	0	23.87	47.75	17.91	5.97	0.00
SANDWICH,TURK,CHZ HOAGI	1 SAND	200	291	40	752	3.01	1.81	300.9	201	*N/A*	6	21.07	31.1	11.04	5.02	*N/A*
E IW	WICH															
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	1	220	25	720	*4.00	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
CUCUMBER SLICES	1/2 CUP	200	8	0	0	0.76	0.28	15.3	153	4.58	1	0.76	1.53	0.0	0.00	0.00
SALAD, ROMAINE W/GRAPE TOMATO	1/2C(G)+1/4C(R)	200	32	0	4	2.14	6.34	14.2	4098	34.38	4	1.43	6.45	0.0	0.00	0.00
PEACHES DICED, CANNED	1/2 CUP	350	70	0	10	0.00	0.00	0.0	298	1.19	13	0.0	16.89	0.0	0.00	0.00
FRUIT FRESH ASSORTED	1 EACH	200	85	0	1	3.69	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	50	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	100	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	400	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	50	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
MUSTARD PKG	2 EACH	25	11	0	180	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE RC PKG	2 EACH	25	57	0	238	0.00	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
KETCHUP PKG 9 GM	4 EACH	200	40	0	400	0.00	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	200	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
DRESSING, ITALIAN LC 200/12G	2 EACH	50	10	*N/A*	180	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	*N/A*	*N/A*	*N/A*
SAUCE, MARINARA CUP	2 EACH	500	30	0	243	2.02	0.73	0.0	202	0.0	4	2.02	6.07	0.0	0.00	0.00
Weighted Daily Average % of Calories			659	*42	1261	*6.87	*5.87	*769.5	*2485	*18.21	*40	*33.48	89.20	*19.68	*6.33	*0.00
											*24.0%	*20.3%	54.1%	*26.9%	*8.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			694	*57	1306	*74.31	*42.21	*608.0	*1720	*17.70	*43	*35.27	*91.59	*22.38	*6.94	*0.17
											*56.0%	*20.3%	*52.8%	*29.0%	*9.0%	*0.2%

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Junior High Lunch

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	694		600 - 700	100%													
Cholesterol (mg)	57				Missing												
Sodium 1 (mg)	1306		1360														
Sodium 2 (mg)	1306		1035						271	Correction Required - Sodium too High							
Fiber (g)	74.31				Missing												
Iron (mg)	42.21				Missing												
Calcium (mg)	608.0				Missing												
Vitamin A (IU)	1720				Missing												
Sugars (g)	43	24.88%			Missing												
Vitamin C (mg)	17.70				Missing												
Protein (g)	35.27	20.32%			Missing												
Carbohydrate (g)	91.59	52.77%			Missing												
Total Fat (g)	22.38	29.01%			Missing												
Saturated Fat (g)	6.94	8.99%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.17	0.22%			Missing												

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.